

Extension Service  
U.S. Dept. Agr.  
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DEMONSTRATION RECIPES\*

CHEESE ROLL-UPS

2 cups sifted flour	6 tablespoons shortening
1/2 teaspoon soda	3/4 cup shredded Cheddar cheese
1 teaspoon baking powder	3/4 to 1 cup sour milk or
3/4 teaspoon salt	buttermilk

Sift together flour, soda, baking powder, and salt. Cut or rub in shortening until mixture is like coarse cornmeal. Mix in shredded cheese. Add sour milk or buttermilk to make a moderately soft dough. Turn out on floured board or pastry cloth and knead lightly 12 to 15 times. Divide dough into halves or thirds. Roll out each portion to round sheet about 1/4 inch thick. Cut into 8 pie-shaped pieces. Roll each piece from large end to point. Put rolls, with points down, on ungreased baking sheet. Bake in hot oven (425° F.) 12 to 15 minutes. Serve hot.

Makes 16 medium or 24 small Roll-Ups.

CINNAMON TEA CAKE

1-1/2 cups sifted flour	3 tablespoons dry milk solids
1/2 cup sugar	1 egg
2-1/2 teaspoons baking powder	2/3 cup water
1/2 teaspoon salt	4 tablespoons melted margarine

Sift together into mixing bowl, flour, sugar, baking powder, salt, and dry milk solids. Beat egg. Add water and melted margarine. Add to dry ingredients, blending thoroughly. Pour into greased 8 x 8-inch pan or into round 9-inch cake pan. Sprinkle top with Cinnamon Sugar and chopped nuts, or with Crumble Topping.

Makes 1 8 x 8-inch tea cake.

\*Recipes used by Clara Gebhard Snyder in Nutrition for Extension Workers, Course No. 673, Prairie View A. and M. College

CINNAMON SUGAR

Mix thoroughly 1/4 cup sugar and 1/2 teaspoon cinnamon. If desired, add 2 tablespoons chopped nuts.

CRUMBLE TOPPING

2 tablespoons sugar  
1/4 teaspoon cinnamon  
2 tablespoons flour

2 tablespoons dry bread crumbs  
2 tablespoons margarine

Measure all dry ingredients into small bowl and mix well. Add margarine and cut or rub in until mixture is crumbly. Sprinkle evenly over batter.

BASIC BEATEN BATTER

1-1/4 cups lukewarm water  
1 package yeast  
1/4 cup sugar  
1 teaspoon salt  
3-1/2 cups sifted enriched flour  
(about)

3 tablespoons dry milk solids  
1/2 cup melted margarine or  
shortening  
2 eggs

Measure lukewarm water into large mixing bowl. Sprinkle dry yeast on top. Let stand a minute or two to soften yeast. Stir. Add sugar, salt, 2 cups flour, and dry milk solids. Mix well. Add melted margarine or shortening. Blend thoroughly. Add eggs and beat hard. Add enough more flour to make a medium-stiff batter. Beat until batter follows spoon. Scrape batter from sides of bowl. Cover with waxed paper or bowl cover. Set aside in warm place to rise until doubled (about 1-1/4 hours). Stir down. Shape into rolls or tea cakes as desired. (For finer texture, let batter rise a second time.)

Makes 1 9-inch tea cake and about 1 dozen 2-inch rolls.

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PECAN PUFFS

3 tablespoons melted margarine

1/4 cup brown sugar

36-48 pecan halves

1/2 recipe Basic Beaten Batter

Into each cup of muffin pan put 1/2 teaspoon melted margarine and 1 teaspoon brown sugar. Mix well. Drop in 3 or 4 pecan halves. Stir down batter when light and drop by spoonfuls into muffin cups. Fill each cup about half full. Let rise until doubled and bake in moderate oven (375°F.) 22-25 minutes. Turn out while hot.

Makes about 1 dozen 2-inch rolls.

MARMALADE SWIRL TEA CAKE

1/2 recipe Basic Beaten Batter

1 cup marmalade or jam

1 tablespoon sugar

When Batter is light, stir down. Spread into greased 9-inch cake pan. Fill pan half full. Dip fingertips in flour and press pattern into batter. Fill pattern with marmalade or jam. Sprinkle with sugar. Let rise until doubled. Bake in moderate oven (375°F.) 25 to 30 minutes. Let cool 5 minutes. Turn out of pan. Serve warm or cold.

Makes 1 9-inch Tea Cake.

BASIC ROLL DOUGH

3/4 cup lukewarm water

2 packages yeast

1/2 cup sugar

2 teaspoons salt

1/2 cup evaporated milk (1 small can)

1/4 cup melted margarine or shortening

2 eggs

5 cups sifted flour (about)

Measure lukewarm water into large bowl. Sprinkle yeast on top and let stand a minute or two. Stir well. Add sugar, salt and evaporated milk. Mix. Add 3 cups flour. Beat well. Add melted margarine or shortening and blend well. Add eggs. Beat hard. Mix in enough more flour to make a moderately soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny (about 5 minutes). Place in lightly greased bowl. Cover with waxed paper and towel, or with bowl cover. Set in warm place to rise until doubled (about 2 hours). Punch down and shape into rolls and breads as desired. (For finer grain, let dough rise a second time before shaping).

Makes 3 coffee cakes, or about 3-1/2 dozen rolls.

### ROSETTES

Roll dough under hands to form pieces  $1/2$  inch thick. Cut in 6-inch lengths. Tie in loose knots. Bring one end through center and the other up over the side. Place  $1\frac{1}{2}$  inches apart on greased baking sheet. Let rise until doubled (about 45 minutes). Bake in moderately hot oven ( $425^{\circ}\text{F.}$ ) 15 minutes.

### SESAME TWISTS

Roll dough under hands to form pieces  $1/2$  inch thick. Cut in 6-inch lengths. Fold each length in middle, and twist ends around each other. Press ends firmly together. Put on greased baking sheet  $1\frac{1}{2}$  inches apart. Brush with milk and sprinkle with sesame seeds. Let rise until doubled (about 45 minutes). Bake in moderately hot oven ( $425^{\circ}\text{F.}$ ) 15 minutes.

### FRENCH BREAKFAST RING

$1/3$ recipe Basic Roll Dough	1 teaspoon cinnamon
2 tablespoons soft margarine	Confectioners' Sugar Icing
$1/2$ cup brown sugar	$1/4$ cup chopped nuts

When dough is light, punch down and let rest 10 minutes. Pat or roll into a rectangular sheet about  $1/2$  inch thick and 8 inches wide. Spread with margarine. Sprinkle with brown sugar and cinnamon. Roll up like jelly roll, sealing edge firmly. Form into ring on greased baking sheet. With scissors or sharp knife cut through ring almost to center, making slices about 1 inch thick. Turn each slice slightly, lifting every other slice into center of ring. Brush lightly with melted margarine. Let rise until doubled (about 1 hour). Bake in moderate oven ( $350^{\circ}\text{F.}$ ) 25 to 30 minutes. Cool slightly and frost with Confectioners' Sugar Icing and sprinkle with chopped nuts, if desired.

Makes 1 Breakfast Ring.